

Apricot

History

Apricots come from regions of Russia and China. In 3000 B.C., the fruit came to Europe via camelback travelers on the Silk Road. The Greeks called them the “golden eggs of the sun.” They came to the United States in the 1700s with the help of French explorers. The apricot tree grows best in the eastern and central US, but an early frost can damage the fruit.

The tree grows around 35 feet tall, but they are usually trimmed to 12 feet to make picking easier. The blooms are white, pink, or red. The tree can begin to produce fruit after two years and then produce fruit for the following 20-25 years.

Apricots are a sweet and healthy fruit that contain vitamins B and C. Like peaches and plums, apricots are a stone fruit because they have a pit, or stone, in the middle of the fruit. The edible skin is red, orange, and yellow, and the fruit is yellow. Apricots have a very short shelf life, and should be eaten within 1-2 weeks of purchase. Store them in a cool, humid environment.

Varieties

Hybrid varieties exist as a combination of plum and apricot.

Aprium is mostly apricot and partially plum.

Pluot is mostly plum and partially apricot.

Plumcot is half apricot and half plum.



Fun Facts

- 94 percent of apricots grown in the US come from California
- Turkey grows 21 percent of all the apricots in the world
- The yellow-orange color makes the apricot a good source of vitamin A and carotenes
- The more golden the skin, the more ripe the fruit- yellow skin indicates an under ripe fruit
- Apricots can be enjoyed as jam or as a dried fruit too
- Apricots are a member of the rose family
- January 9th is National Apricot Day



This institution is an equal opportunity provider.